

WHAT IS CLAIMED IS

1. A method to introduce a desired stuffing into a selected food item without slicing open completely said selected food item, said method comprising the steps of.
 - a. providing a food item in which stuffing is to be placed
 - b. cutting an aperture from one point of said food item and therefore creating a cavity of desired width and depth to accommodate said stuffing.
 - c. selecting a rollable and unrollable substantially flat sheet of the desired length, width and thickness.
 - d. depositing desired quantity of said stuffing onto the up-ward-facing surface of said flat sheet.
 - e. rolling said flat sheet into a cylinder therefore encasing said stuffing therein.
 - f. introducing said cylinder with said stuffing therein into said cavity to desired depth.
 - g. selecting a push rod of desired diameter and length.
 - h. manually or by other means, urging said push rod against said stuffing contained within said rolled flat sheet, thereby depositing said stuffing into said cavity to said desired depth and said quantity, while withdrawing said flat sheet from within said item being stuffed.

Whereby said stuffable food item will be filled to said desired capacity with said stuffing with no requirement sewing, tying or skewering of said food item to retain said stuffing there within.